

Washable Protective Pad**Abstract**

A thin, lightweight, flexible, washable protective pad is incorporated into a pocket of a washable garment, such as at the hip. This pad comprises an air-holding envelope extending substantially throughout the pocket, a compressible insert having a configuration that extends substantially throughout the envelope and a junction arrangement between the insert and the envelope. The arrangement is such that the extent of the configuration of the insert is maintained substantially throughout the envelope. The arrangement remains intact when the pad is repeatedly bent, twisted or otherwise deformed during washing or wearing, maintaining the pad's protective function. In other configurations, the insert may be captured by a seal that joins the sheet or sheets that form the walls of the envelope. The disposition of the insert with respect to the envelope may thereby be maintained.